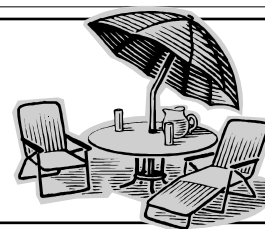




August 2010

Menus Subject to Change Without Notice
Milk served with meal.
723-3303



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>2</p> <p>Beef Stroganoff Noodles Steamed Broccoli Sliced Bread Cole slaw Ice Cream Bar</p>	<p>3</p> <p>Stuffed Pepper Steamed Carrots Dry Jello Salad, Biscuit/Honey Butter Watermelon</p>	<p>4</p> <p>Aunty's Apricot Chicken Rice Pilaf Asparagus Tossed Salad/Garbanzo Beans Whole Wheat Roll Cake and Ice Cream</p>	<p>5</p> <p>Baked Cod Au Gratin Potatoes Capri Blend Vegetable Tossed Salad/Kidney Beans Roll Frosted Banana Bar</p>	<p>6</p> <p>Root beer Floats at Center Only Roast Beef Mashed Potatoes/Gravy German Bland Vegeta- ble Spinach Salad Whole Wheat Bread Apple Pie</p>
<p>9</p> <p>Chicken Enchilada Green/Wax Bean Blend Tossed Salad/Black Beans Corn Muffin Chocolate Chip Cookie</p>	<p>10</p> <p>Fruited Chicken Salad on a Cantaloupe Ring Pickles/Olives Fresh Veggies/Ranch Dip Oat Bran Muffin S'mores Bar</p>	<p>11</p> <p>Spaghetti and Meat Sauce Italian Blend Vegetable Bread Stick Caesar Salad Lemon Bar</p>	<p>12</p> <p>Myer's Day Beef Chow Mein Chinese Noodles Chinese Cabbage Salad Egg Roll Bran Muffin Pudding/Fortune Cookie</p>	<p>13</p> <p>Chicken Tenders Mashed Potatoes/Gravy Capri Blend Vegetable Tossed Salad/Garbanzo Beans Whole Wheat roll Sliced Peaches</p>
<p>16</p> <p>Gillies Baked Ham/Cherry Sauce Yummy Potatoes Green Beans Creamy Cucumbers Roll Brownie</p>	<p>17</p> <p>Shepherd's Pie Sliced Beets Broccoli Salad Bran Muffin Pudding</p>	<p>18</p> <p>Taco Salad Guacamole Chips and Salad/Center Only Corn Muffin –Meals on Wheels Tropical Fruit Cookie</p>	<p>19</p> <p>Chicken Broccoli Casse- role Summer Squash Blend Potato Wedges Tossed Salad Whole Wheat Roll Fresh Fruit</p>	<p>20</p> <p>Swedish Meatballs Rice Scandinavian Blend vegetable 3 bean salad Biscuit/Jam Coconut Crunch</p>
<p>23</p> <p>Sweet n Sour Pork Cubes Steamed Rice Oriental Blend Vegeta- ble Chinese Cabbage Salad Muffin Pudding./Fortune Cookie</p>	<p>24</p> <p>Hot Turkey Salad Mixed Vegetables Stewed Tomatoes Whole Wheat Roll Peach Pie</p>	<p>25</p> <p>Parmesan Chicken Baked Potato/Sour Cream Peas and Carrots Tossed Salad Roll Fresh Fruit</p>	<p>26</p> <p>Tamale Pie Spanish Rice Spinach Tossed Salad Pistachio Ambrosia</p>	<p>27</p> <p>Beef Tips Mashed Potatoes Brussels Sprouts Fruited Cole Slaw Whole Wheat Roll Peach Cobbler</p>
<p>30</p> <p>Shrimp Pasta Salad Fresh Veggies/Dip Muffin Citrus Fruit Cup Cookie</p>	<p>31</p> <p>Corned Beef Cabbage Red Potatoes Pea Salad Bran Muffin Cherry Cheesecake</p>	<p>Brunch and Learn August 3 Breakfast Burrito Tropical Fruit Hash brown Patties</p>	<p>NOTICE</p> <p>Congregate lunch contributions are anonymous and confidential. Suggested donation per meal is \$2.50 for those 60+ and \$4.60 for those under 60.</p> <p>Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business. The staff appreciates your cooperation.</p>	